MINNESOTA 4-H PROJECT EVALUATION
FOOD AND NUTRITION

4-Her Name: ____________________________________________ Grade: __________
County or Club: _____________________ Years in 4-H: ________ Years in Project: ____

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**50% of Score**

**Learning Involved:**
- Knows how and why exhibit was made.
- Knows time, money, skills used.
- Information is accurate, up-to-date, complete.
- Knows choices made.
- Knows nutritional information, if appropriate.
- Builds on past, leads to future activities.

**50% of Score**

**Workmanship & Techniques of Project:**
- Eye-catching, attractive, original.
- One main idea.
- Easy to read, see, or hear.
- Correct size.
- Quality workmanship.
- Appropriate to project, ability, and interest of 4-Her.

**General Appearance and Design:**
- The exhibit attracts and holds attention of the people who see it.
- The exhibit is neat and attractive in appearance.
- If an educational display is included, it should be well designed, attractive, and readable so that it communicates an idea to the people who view it.
### Rules
- Exhibits containing perishable foods that will be discarded must include a photograph of the food. The photograph should be taken prior to the fair and attached to the exhibit. This photograph will be displayed with the exhibit instead of the food.
- Exhibits must show or explain something the 4-H’er made, did, or learned.
- The 4-H’er’s name, county, grade, project name, recipe/ingredients, instructions, time, temperature, etc. is required.

### Guidelines
- Pictures, food models, plaster, plastic, paper-mâché, etc. are preferable to perishable foods in an educational exhibit. (Perishable foods should be used only if they add to or help explain the educational exhibit. If perishable food is a part of the exhibit, the food is to be brought just for the encampment and stored in refrigerators, if needed, in the demonstration kitchen.)
- The size of three-dimensional displays and posters should be consistent with the size recommended by Minnesota 4-H.
- The educational exhibit may be a poster, mobile, three-dimensional display, scrapbook, balance beam type exhibit, charts, journals, pictures, slides, equipment, supplies, photographs, puppet play, skit, judging comparison, taped interview, idea file, research study, etc.
- Resources should be credited and documented in the exhibit (e.g., books, internet, 4-H or Extension publications, person with special knowledge, magazine articles, etc.).

### Project Ideas
- Study of nutrients needed in the diet using dietary guidelines & the new Food Guide Pyramid.
- Fitness Plan and how it relates to the food you eat and to your health.
- Plan for foods that should be eaten for a day. Explain how the plan meets nutritional and energy needs. (Example: an athlete on a volleyball team, a teen that doesn't have a lot of time, etc.)
- Study of how physical fitness and/or food choices are related to disease (e.g., cancer, heart disease, osteoporosis, diabetes, etc.)
- Study of 4-6 or more labels from similar food items comparing important nutrient content such as fat, fiber, and sugar.
- Explain how 10-15 nutritious snack choices fit into a healthy diet.
- Exhibit showing food and/or kitchen safety.
- Careers in nutrition and food industry.
- Food/nutrition experiment.
- Conduct a study of an ethnic food.
- Nutritious snack made from cereal, popcorn, pretzels, etc. Include recipe, poster showing nutritional value, and photo of food.
- Nutritious vegetable or fruit dish. Include poster showing nutritional value, recipe and photo of food.
- Study of nutritional value of meat products and how it fits into health diet.
- Study showing retail meat cuts differences in cost and nutritional factors, and how to use in menu planning.
- Comparison of food item made with microwave cooking techniques and conventional cooking techniques.
- Food packaging and recycling.
- Nutrition labeling.
- Product comparison.
- Show how to measure ingredients.
- Making eating out choices.
- Cultural food traditions.
- Give presentation on a topic and write a report.
- Make a display for store windows, libraries, or school.

### Resources Available:
**Web site for Minnesota 4-H resources:**
- [www.mn4-H.umn.edu/projects](http://www.mn4-H.umn.edu/projects)
- [http://z.umn.edu/mn4hfoodandnutrition](http://z.umn.edu/mn4hfoodandnutrition)

**Web site for National 4-H resources:**
- [http://www.4-hdirectory.org/](http://www.4-hdirectory.org/) (Click Browse)
  - Foods A: Six Easy Bites
  - Foods B: Tasty Tidbits
  - Foods C: You're The Chef
  - Foods D: Foodworks
- [http://www.4-hmall.org/Curriculum.aspx](http://www.4-hmall.org/Curriculum.aspx)
  - Item: 07730 Name: Food Curriculum - Helper's Guide